



April 2016

## Exercise—Booster for Life



### Exercise lowers major health risks.

Regular exercise has the power to lower your risk of heart disease, stroke and diabetes as effectively as medications by helping to control blood pressure, cholesterol and insulin levels. It also helps fight some cancers and delay the potential onset of osteoporosis and dementia.

### Exercise supports mental health.

Feeling better physically through regular exercise helps improve your outlook and counter stress, anxiety and depression. It promotes better sleep and offers a positive way to share time with family and friends.

### Exercise keeps you strong & mobile.

It helps maintain muscles, bones and joint flexibility, allowing you to stay active as you age, especially if you develop arthritis.

### Exercise extends life.

The Centers for Disease Control says that people who are physically active for about 7 hours a week have a 40% lower risk of dying early than those who are active for fewer than 30 minutes a week.

“Those who think they have no time for bodily exercise will sooner or later have to find time for illness.”

- Edward Stanley

## City Events

### The “Investing Through Market Volatility” Challenge - Deferred Compensation

Tuesday, April 5 12 noon - 12:45 pm  
SMT 4080

### Purchasing a Home

Wednesday, April 6 12 noon - 1:00 pm  
SMT 4050

### Setting up Your Online Social Security Account

Tuesday, April 12 11:30 am - 1:00 pm  
SMT 5536

### Preparing for Retirement - Elder Care

Wednesday, April 13 12 noon - 1:00 pm  
Webinar  
\*Login: See future flyer

### The “Investing Through Market Volatility” Challenge - Deferred Compensation

Wednesday, April 20 12 noon - 12:45 pm  
SMT 4080

### Getting More Joy out of Life: The Science of Happiness

Wednesday, April 20 12 noon - 1:00 pm  
Webinar  
\*Login: See future flyer

### Free Blood Pressure Screening

Wednesday, April 27  
Stop by between 10:30 am & 1:30 pm  
SMT 4070

## News & Notes

- **Health Risk Assessment:** Complete a confidential health risk assessment and receive a personalized action plan.

**Aetna:** Log into your account at [www.AetnaNavigator.com](http://www.AetnaNavigator.com) to access "Simple Steps to a Healthier Life"

**Group Health:** Log into your account at [GHC.com](http://GHC.com) and select "Health Profile."

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- **Personal Health Record:** Create a secure, personal electronic record that includes your procedure and medicine history, alerts, and claims data. You can also bring or email your health record to your provider.

**Aetna:** Log into [AetnaNavigator.com](http://AetnaNavigator.com); choose Personal Health Record

**Group Health:** Log into [GHC.org](http://GHC.org); select Online Medical Record



- **Weight Watchers Starter Kit** - If you enroll in a service April 4, 2016 through April 29, 2016, you'll receive a kit with a smoothie shaker bottle, measuring tape, journal, chocolate smoothie pack, coupons, and a cookbook.

Enroll at: [wellness.weightwatchers.com](http://wellness.weightwatchers.com);  
Employer ID: 62344; Employee Passcode  
WW62344. Claim your starter kit at:  
[www.weightwatchers.com/atworkstarterkit](http://www.weightwatchers.com/atworkstarterkit).

### General Information

*Take Charge!* is a general guide to health benefits and healthy behavior. Contact your health care professional with your specific health care concerns.

## Confused by Food Labels?



Because a food has a healthy-sounding label, people tend to eat more of it. Pay attention to the labels. For example:

- **Reduced fat** is often compensated for by added sugar.
- **Organic** is a farming method, not a health claim. Organic foods are not always lower in calories, sugar, fat and salt than nonorganic versions.
- **Yogurt** that's low-fat or fat free typically contains high amounts of added sugar.
- **Fruit juice** - even pure - is loaded with sugar, and it's not equivalent to fresh whole fruit.
- **Granola** has healthful ingredients listed on the label, but it's also often high in fat, sugar and calories
- **Sea salt** contains as much sodium, ounce for ounce, as table salt.

Watch your portions. While foods may contain healthful ingredients, such as fiber and vitamins, the more you eat of any food, the more calories you consume.